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From the PAA President

It’s my pleasure to welcome you to this edition of Dawg Scripts, the alumni magazine of the University of Washington School of Pharmacy. We’ve packed these pages with stories of celebration that highlight the incredible work being done by our inspiring students, first-rate faculty and distinguished alumni.

We’re thrilled to share highlights from the annual Dean’s Recognition Reception, where we celebrated the achievements and contributions of our community.

Over the years, our Husky Pharmacists have consistently charted new territories spanning science, research and patient care — often pioneering new roles for the pharmacist in an evolving health care system. The awards given at the Dean’s Recognition Reception are reserved for UWSOP alumni who have demonstrated excellence in their profession and a positive impact on the pharmacy practice and research communities. Thank you to each of this year’s awardees for leading the profession and nurturing one of the most influential alumni communities in the country. Together, we’ve achieved something truly extraordinary — and the journey continues today.

This edition also includes a look back at the annual Don B. Katterman Memorial Lecture. Tailored specifically for pharmacy professionals, our focus this spring turned to the science and practice of GLP-1, receptor agonists and other incretins, including Ozempic, Mounjaro, Trulicity and similar medications. This much-anticipated conversation always delivers engaging discussion and valuable insights into the latest advancements and critical issues shaping our field. The best part? Continuing Education credits were offered to all licensed pharmacists in attendance, free of charge.

Throughout the issue, our alumni features will introduce you to some of our standout graduates who are making a splash no matter what their summer plans entail. Their accomplishments reflect the strength and versatility of a pharmacy education at the University of Washington. From groundbreaking research to innovative practices in patient-centered care, our alumni continue to set the standard for excellence — and I couldn’t be prouder.

Your membership in the PAA supports student scholarships, mentoring opportunities, public lectures and community-building events. Your support bridges the gap between the School of Pharmacy and the practice community, advocating for the profession and fostering the next generation of trailblazers in pharmacy.

Thank you for being here — I’m grateful you’re part of our pharmacy community. Here’s to a summer filled with discovery, connection and joy.

Have a great summer,

Scott Herzog
President, Pharmacy Alumni Association
University of Washington School of Pharmacy

DAWG SCRIPTS MAGAZINE

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From the Dean

"The demands of our profession can be intense, and it is essential that we prioritize our own mental well-being in order to provide the best possible care for our patients, our students, our families – and ourselves.

- JAY PANYAM

As we reflect on the past year, I am filled with pride and gratitude for all we have accomplished together as a community. It has been a year of growth, innovation and celebration, and I am thrilled to share some 2024 highlights with you in this issue, including images from this year’s Dean’s Recognition Reception, where we had the pleasure of honoring the recipients of this year’s Distinguished Alumni Awards. These outstanding individuals embody the spirit of excellence and leadership that defines our school, and I am immensely proud to count them among our esteemed alumni.

In addition to the Dean’s Recognition Reception, we also had the opportunity to come together as a community at other SoP events, including the Nudelman and Katterman Lectures. Each year, these gatherings provide invaluable opportunities for networking, learning and reconnecting with fellow alumni and friends. The energy and enthusiasm that filled the room at this year’s lectures was truly inspiring, and I am grateful for the sense of camaraderie and shared purpose that they fostered.

In both the print and digital version of this issue, you’ll find photo galleries chronicling these events. If you would like specific images, feel free to reach out to Scott Braswell (braswels@uw.edu), who will be happy to send them to you.

As we look back to celebrate our successes and chart a course for the future, it is also important to take a moment to reflect on a timely theme represented in this issue: the importance of mental health awareness in the healthcare field. The demands of our profession can be intense, and it is essential that we prioritize our own mental well-being in order to provide the best possible care for our patients, our students, our families – and ourselves.

By raising awareness, reducing stigma, and promoting access to resources and support, we can create a culture of wellness and resilience within our community. I encourage you to engage with the content of this issue, share your own experiences and insights, and reach out with any stories or topics you would like to see featured in future issues of Dawg Scripts.

Thank you for your continued support and dedication to our school and profession. Here’s to another successful year ahead!

Warm regards,

Jay Panyam
Dean, UW School of Pharmacy

SOP ACHIEVES ALL-TIME HIGH RESIDENCY MATCH RATE

UW School of Pharmacy achieved a 90% Student PGY1 Residency Match Rate this year, the best in the history of the School and one of the top Residency Match Rates in the country (the national rate is 81%). Students matched to residencies at 30 different organizations across 14 states.
Earlier this spring, the Dean’s Recognition Reception was held at the Burke Museum, giving the School of Pharmacy an opportunity to celebrate the remarkable achievements of our most distinguished alumni. This annual event is more than just an awards ceremony – it’s a tribute to the excellence and innovation that’s driven our institution to the forefront of pharmacy education. Among the honorees were Jonathan Campbell, M.S. ’02, Ph.D. ’07, recipient of the Pharmaceutical Science and Research Award; Marianne Ivey, PharmD ’87, MPH ’92, honored with the Pharmacy Practice Award; Kathleen Pierce, PharmD ’19, who received the Early Career Award; and Frank Vincenzi, B.S. ’60, M.S. ’62, Ph.D., ’65, who was given the Legacy Award for his lifetime of achievement.
BALANCING ACT
Pharmacy, Family and the Medicine of Motherhood
In the world of pharmacy, the blend of academia and healthcare demands rigorous dedication. Through the halls of our School, a group of remarkable women navigate these demands alongside the profound responsibilities of motherhood. Worlds apart from the tender moments of bedtime stories and school drop-offs, a career in health sciences isn’t for the faint of heart. For many working mothers at the University of Washington School of Pharmacy, these realities coexist daily. Finding the balance between academic excellence, professional achievement, and the responsibility of modern motherhood is like walking a tightrope. It’s the work of a lifetime, but it’s worth the effort.

Meet several extraordinary women from our School—educators, researchers, practitioners and industry thought leaders making significant contributions to the field while balancing the complexities of family life. Together, they embody resilience, passion and a relentless drive to shatter every glass ceiling that stands between them and their ascent to incredible new heights. Individually, their stories are brimming with determination and insight, offering a window into the tests and triumphs faced by working mothers in academia and healthcare. Despite the difficulties — the hard conversations, the long nights, the boundary-setting and the self-care strategizing — each of these women agree; you shouldn’t have to choose between building a career or building a home. In fact, with a little flexibility, a lot of grace and the courage to ask for help, you can have both.

From the lifelong journey to find balance to the critical importance of self-care and a support system you can count on, there’s no shortage of insight and encouragement from these exceptional women. Read on to be inspired by the unique challenges and profound joys that define their lives.

**Early Influences and a Passion for Healthcare**

For Jennie Do, Clinical Assistant Professor, the journey to healthcare began early. “I knew pretty early on — probably midway through high school — that pharmacy was going to be my career path,” she recalls. Growing up as the daughter of an immigrant, Jennie frequently accompanied her mother to medical appointments, acting as a translator. This experience piqued her curiosity about healthcare and ignited a passion for the sciences.

**Abby Winter,** Assistant Teaching Professor, epitomizes the passion and flexibility that a career in pharmacy offers. “For whatever reason, I had always found myself interested in healthcare,” Abby recalls, crediting her mother, a retired nurse, for sparking her interest. Abby pursued her PharmD at Drake University in Iowa, where she also earned her Master’s in Public Administration. Though she initially felt the pressure to pursue a career in hospital pharmacy, Abby found her true calling in community and ambulatory care — settings that allowed her to engage directly with patients during her residency at Creighton University.

Pharmacy was always the first choice for Lisa Garza, Clinical Assistant Professor. As another talented pharmacist who learned by example, Lisa’s first glimpses at a career in healthcare were thanks to her mother — a medical assistant. “I knew I was interested in healthcare because I was drawn to math and sciences. My mom’s job gave me a little bit of inside knowledge, but I didn’t want to be as pokey and prissy with people as she was.” Though she contemplated plenty of alternate career paths, nothing managed

### Perspective is the biggest thing. Parenthood has put everything into perspective.

- **ABBY WINTER**
to replace pharmacy on Lisa’s internal compass. “Pharmacy felt like the best fit with my knowledge, my skills and how I want to interact with patients. I knew I’d be a critical element of the healthcare team. I considered other stuff along the way, but I just kept coming back to pharmacy. Nothing would ever displace it.”

**The Ultimate Balancing Act**

Ask any of these spectacular women about work-life balance, and you’ll hear a similar sentiment:

It doesn’t exist...not in the way you’d expect, at least.

For this group, work-life balance has evolved into work-life integration—a fresh perspective on an outdated ideal that, let’s face it, was never attainable to begin with.

For **Rheem Total**, Professor of Medicinal Chemistry and Associate Dean of Research and Graduate Education, work-life balance means blending her professional responsibilities with family life. "There are times when work demands more, and times when family does," she says. "It’s a constant balancing act, and you have to be flexible and willing to adjust." Rheem points out the societal pressures that contribute to the pervasive guilt felt by working mothers. "There’s pressure and guilt to perform," she says. Rheem’s advice to other mothers is clear: "Try to work on not comparing, looking inward, and making sure that we know what’s good for our family and what’s going to work for us.”

Jennie describes her experience as a constant ebb and flow. "I used to think I’d hit a perfect work-life balance, but now I realize it’s about reassessing and restructuring as needed," she explains. This adaptability has been crucial in navigating her various roles within the profession, from her diverse roster of practice settings (inpatient, long-term acute care and community pharmacy, to name a few) to her status as faculty member in the Department of Pharmacy.

**Leigh Ann Mike**, Clinical Associate Professor and Assistant Director for Education at the Plein Center, echoes this sentiment. "You have to be realistic about what balance looks like at different stages of life," she says. "It’s about finding what works for you and your family, and that changes over time." She emphasizes the significance of mentorship and networking in her professional journey. "Having people, especially strong women and mothers who have been there, has been extremely important," she says. This network of support and mentorship helped her navigate the complexities of career advancement while managing family life.

At the end of the day, when you ask these women, the prevailing belief in the work-life balance conversation is this: It’s challenging, but it can be done. Despite their day jobs, many working mothers successfully navigate the lion’s share of domestic duties and childcare without sacrificing their careers to pull it off. The data is clear: With supportive work environments and thoughtful policies to govern our professional settings, working mothers can advance their careers while fulfilling their roles at home. Embracing flexible work arrangements, seeking guidance from mentors and building a strong community network are keys to unlocking a newfound sense of stability.
Leave the concept of work-life balance in the rearview and set your sights on work-life integration instead.

**It Takes a Village**
Support systems play a crucial role in the lives of these pharmacists—the same for many working mothers. For Abby, the support of her community has been invaluable despite the hurdles of nurturing a career and a new family in tumultuous times.

Abby shared the anxieties she faced when starting a new job at the School of Pharmacy while pregnant during the height of the COVID-19 pandemic. "I was starting a new job from my kitchen table in my small one-bedroom apartment where my husband also works from home," she recounts. The isolation was palpable, and the uncertainty was compounded by the need to balance professional commitments with the early stages of motherhood. "Having my parents move to Seattle was a lifesaver...I was grateful that I had other strong women and mothers in my life to remind me that while it feels big—and it is really big in the moment—in the grand scheme of things, my current struggle will not last that long. But we would have struggled immensely without that family support," Abby admits. Her experience with the Program for Early Parent Support (PEPS) in Seattle highlights the importance of community resources. "The families we've met through PEPS have become our closest friends. They're our secondary support system."

Leigh Ann also emphasizes the role of her colleagues and friends. "We're all moms, so we understand what it feels like to juggle career and family," she says. "We support each other through the tough times and celebrate the milestones together."

For **Jennifer Chang**, Associate Teaching Professor, her husband's quiet, resilient support has been crucial to her professional rise. "My husband has been such a supporter of me," she reflects. "Providing support is his love language. And despite his hands being full as a physician with a busy practice, his actions show me that he values our careers on the same level."

Contemplating her family life further, Jennifer knew that parenthood would change her perspective as a health-care provider, but not the way she expected. "Both of my girls are growing up in the same family, but they’re so different," she remarks. "Seeing things from their lens and growing with them have helped me become more empathetic and understanding of how each child—and each patient—is different." Jennifer states. The empathy developed through her experiences as a mother has profoundly influenced her professional approach, allowing her to connect with patients on a deeper level. "There's no such thing as 'one size fits all.'"

For **Yvonne Lin**, Associate Professor and Assistant Dean for Academic Affairs, the intersection of career and motherhood revealed the disparities in institutional support. "We moved to Seattle when my daughter was seven months old. She was almost three when a spot opened up at UW daycare," she remembers. "In the years since, this hasn't improved much. There’s not enough funding, not enough space...how can we logistically provide childcare when it's in such short supply?" Yvonne's question holds crucial significance in an era where affordable childcare and flexible working conditions are more than just benefits—they're necessities that allow working mothers to thrive both at home and in their careers.

Support systems play a vital role in empowering women to succeed both at work and at home. As our understanding of "the village" evolves with each new generation, access

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"Pharmacy felt like the best fit with my knowledge, my skills and how I want to interact with patients.

- **Lisa Garza**

(RIGHT): Lisa Garza and her son, Adrian, 3.
to childcare and family support can transform a working mother’s struggle to do it all into a manageable and fulfilling endeavor. By embracing these resources – by asking for help without judgement – career-driven moms can survive and thrive without feeling the pressure to excel in every aspect of an increasingly busy life.

Self-Care Starts with Boundaries
Setting boundaries and prioritizing self-care are crucial strategies for doing it all, whether you’re a parent or not.

Jennie emphasizes the importance of clear boundaries and isn’t afraid to put hers to work. “Once I pick up the kids, I try to minimize work as much as possible,” she says. “It doesn’t always work out, but having that boundary is important for my mental health.” Jennie’s strategy for maintaining her wellbeing includes regular time for self-care, with thirty minutes of movement first thing every morning and habitual dinner dates with friends. “It’s about re-energizing to better engage and be more present during family time.”

Lisa acknowledges the fluid nature of this whole “being human” thing. In its many forms, self-care is deeply personal and unique to the individual – a lifelong journey to understand what it looks like for you. “Life changes and your needs will be constantly evolving,” Lisa reflects. “For me, I need to do self-care first thing in the morning. It starts my day off right because if I try and tuck it in anywhere else, work will push it out of the way.” At the time of this writing, Lisa looks to her journal for clarity and calming vibes. “If I can get some thoughts out on paper and slow things down a bit, that sets me up for a better day – mentally, personally and professionally.”

Despite the emergence of self-care – particularly in the wake of COVID-19 – many working moms struggle to prioritize their own needs due to societal expectations of selfless caregiving. Rarely are mothers explicitly asked to abandon themselves in the name of being a “good mom,” but the pressure is there, lurking between the lines of comparison and a laundry list of cultural standards from a bygone age. The result? An impossibly heavy mental load for mothers – many who feel like they’re falling short.

“There’s this image of an ideal mother who puts everybody and everything before herself – because that’s what mothers are supposed to do,” reflects Leigh Ann. “I had to change the narrative.” Leigh Ann sees her career as an opportunity to set the example for her teenage sons. “My children need to see that women are accomplished professionals.” From her perspective, lessons like these will have a greater impact than what she could provide at home as a full-time caregiver. “My sons need to witness the fact that women have successful careers so when they get older it won’t be a shock to them. That example is going to serve them better in their lives.”

Professional Challenges and Resilience Despite It All
Starting a new job while pregnant presented unique challenges for Abby. “It was scary to start a job knowing I’d be taking leave soon after,” she says. Yet, with the support of her colleagues and strong female mentors, she managed to navigate this transition successfully.
“In the grand scheme of things, a few months off – compared to the potential length of my career – wouldn’t be that impactful,” she was reminded by her mentors, which helped put things in perspective.

Leigh Ann highlights the importance of mentorship and networking in career advancement. “I’ve been lucky to have mentors who guided me through various roles and helped me find opportunities that fit my skills and interests,” she says. This support network has been crucial in balancing her career aspirations with her family responsibilities. Rheem shares a similar sentiment. “Mentorship has been invaluable in my career,” she says. “It’s not just about professional advice, but also about navigating the personal challenges that come with being a working mother.”

For Lisa, her transition to motherhood was a beautiful upheaval, leaving her to build a mosaic with the pieces of a past life. “Having a child broke the world I had, and I had to reorganize it,” she says. “In those first three months, my kiddo had reflux. The nights were long, and I was on fumes. I felt like I was failing. I had to decide what I could and couldn’t do. It was a mental reorganization more than anything… it was tough, but you have to remember it’s not forever.”

Mentorship and Networking

These accomplished women have valuable advice for others striving to balance career and family, now and in the future. “Be kind to yourself and set realistic expectations,” Jennie advises, emphasizing the importance of self-compassion. “Aim for good enough rather than perfection,” she adds, pointing to the pressure working mothers often place on themselves. Abby adds, “Build a strong support network and communicate openly with your partner and colleagues.” Underscoring the value of an open-door policy, Abby also had this to offer: “Having a network of rock-solid support and transparent communication is essential. You’ve got to find the balance that works best for you;” she says. “It helps you navigate the complexities of balancing a demanding career with family responsibilities.”

Leigh Ann stresses the importance of mentorship and networking. “Don’t be afraid to seek out mentors who can guide you,” she says. “And make sure to build a network of supportive colleagues and friends who understand your journey.”

For Yvonne, networking has been key to finding new opportunities on her terms. “I had the opportunity to work with people outside of my dissertation – like on side projects – throughout my academic career. That’s where those new opportunities came about that broadened my interest.” At the end of the day, networking can be the first step in community building for meaningful, human connections. In Yvonne’s own words: “Community means you’re surrounded by colleagues and friends. Your best interests are always kept at heart by those who surround you. Together, we know each other’s struggles and triumphs.”

Mentorship and networking are particularly crucial for women working in fields where they’ve been historically underrepresented. These relationships offer valuable career guidance and emotional support, empowering women to balance their professional and personal lives effectively. Through these supportive connections, women gain insights, encouragement, and practical advice to overcome unique challenges and achieve their goals.

The stories of these working mothers at the School of Pharmacy represent the strength, resilience and mental fortitude needed to thrive in demanding careers while raising a family and building a legacy. Their journeys remind us of the importance of self-compassion, a fundamental support system and the continuous reassessment of priorities.

As these women continue to dismantle barriers and shatter glass ceilings, they redefine what it means to be a professional and a parent, and their stories serve as a point of inspiration and meaningful connection for others navigating similar paths. In the words of Abby Winter, “Perspective is the biggest thing. Parenthood has put everything into perspective.”
2024 Phil & Sandra Nudelman Lecture

This year’s Nudelman Lecture focused on concerns about mental and behavioral health in the healthcare field, including pharmacy. Moderated by our own Clayton English, the lecture featured several specialists from UW who served as panelists and discussed highlighting current and future policy solutions to address health worker burnout and the mental and behavioral health crisis affecting society. Panelists included: Anne Browning, Associate Dean for Well-Being; Charisse Williams, Assistant Director/Training Director, UW Counseling Center; and Jurgen Unutzer, Professor and Chair of Psychiatry, UW Medicine. A special thank you to event participants who contributed to the SoP’s Student Wellness Fund. We raised over $1,000 for vital resources and support that promote the well-being and academic success of our students.
Psychiatric Pharmacy Puts Mental Health in the Spotlight
A conversation with Dr. Clayton English

At the University of Washington School of Pharmacy, innovation and compassion go hand-in-hand.

This is especially evident in the work of Dr. Clayton English, an Assistant Professor of Pharmacy dedicated to advancing mental health care and psychiatric pharmacy. His journey from a small-town pharmacy to a leading educator and advocate for mental wellbeing is not only inspiring, but crucial in an era where over 50 million Americans struggle with mental illness.

As the cost of living continues to surge alongside a steady stream of political unrest, violence and global conflict, trauma is the order of the day for many. Despite it all, Clayton is resolute. For him, the pursuit of psychiatric pharmacy is deeply personal. "My life has been touched by close friends whose lives had been turned upside down by behavioral health issues. That spurred me to wanting to know more and to learn more in that area and find out if there was a role for pharmacists in that arena."

Clayton’s path to the University of Washington began as a teenager working in an independent pharmacy during his early high school years. "I knew from there that this might be the journey I'd take." While this early experience laid the groundwork for his future in pharmacy, it was an introductory psychology course that truly sparked his interest in mental wellbeing. "I took a course on drugs and behavior, and this was really my first exposure to central nervous system pharmacology. I found it fascinating."

His academic journey took him to the University of Connecticut, where Dr. English earned both his undergraduate and Doctor of Pharmacy degrees. During these formative years, Clayton discovered his passion for psychiatric and neurologic pharmacy.

"There was something about how the medications work and their influence, but also the many unknowns. Knowing that people really need a strong advocate and expert in this area led me to want to become a psychiatric pharmacist."

When it came to becoming an educator, however, Clayton’s path was paved by legacy. Learning by example, Dr. English followed in the
footsteps of his father and grandfa-
ther—both teachers before him. "My
dad always told me that you can be
involved with teaching with what-
ever specialty you choose," Clayton
reflects. "Find what you love, and
you'll always have that." This pas-
sion for tutelage eventually led him
to Albany College of Pharmacy and
Health Sciences, where he spent 12
years as a clinical faculty member.

In his current role at the University
of Washington, Clayton is delighted
to be part of a forward-thinking
pharmacy community known for its
innovative practices. "Washington
state is very well known for being
progressive in pharmacy practice.
There's a plethora of opportunities,
and that was one of the things that
really excited me about coming
here." Clayton's role involves teach-
ing, developing a research program
focused on behavioral health and
supporting the new psychiatric
pharmacy residency program for
second year students.

At the end of the day, Dr. English be-
lieves that pharmacists are uniquely
positioned to play a significant role
in mental health care. "Pharmacists
are one of the most accessible
healthcare providers," Clayton men-
tions.

"No matter where you are, you're
going to encounter patients who
have behavioral health needs and
underlying behavioral health
disorders." In a culture where one in
five Americans contend with mental
health diagnoses—many without
the proper treatment needed to
manage it—the comprehensive care
provided by pharmacists has never
been more crucial. In the wake of
the COVID-19 pandemic, this is
especially true.

"The pandemic put some gasoline
on an already small fire that was
brewing," says Clayton. He believes
that the increased demand for
mental health services presents an
opportunity for pharmacists to step
up and provide much-needed sup-
port. "Pharmacists are often at the
front lines for many patients who
have underlying behavioral health
care conditions. For some, especi-
ally those that are more isolated, they
may be their only care provider.

"My dad always told me that
you can be involved with teaching with whatever
specialty you choose. Find
what you love, and you'll
always have that.

- Clayton English

Looking ahead, Clayton envisions a
future where community pharma-
cies become primary care hubs, pro-
viding comprehensive care for all
healthcare needs, including mental
health. "My goal is to provide com-
prehensive education and training
so that pharmacists can better serve
patients with mental health needs."

Earlier this year, the Phil & Sandra
Nudelman Endowed Lecture fo-
cused on the mental health crisis
faced by frontline workers and
healthcare professionals in the
aftermath of COVID-19. This year's
installment of the annual lecture
brought together a panel of experts
and thought leaders from various
disciplines across government, psy-
chology and research to discuss the
epidemic of burnout experienced
by healthcare workers. The lecture
highlighted the unique challenges
pharmacists face, as reported by the
Washington Post, which uncovered
significant fatigue, staffing short-
ages and adverse effects on patient
care.

For Clayton, the subject matter was
particularly relevant to his work.
Before an audience of students,
faculty, alumni and staff, Clayton
moderated a panel discussion
featuring Dr. Jürgen Unützer—Chair
of the UW Department of Psychia-
try and Behavioral Sciences, Dr.
Vandana Slatter—Washington State
Representative and UW School of
Pharmacy alum, Dr. Anne Brow-
ing—Founder of the UW Resilience
Lab and Assistant Dean for Wellbe-
ing, Washington State Congress-
man Adam Smith and Dr. Charisse
Williams—Assistant Director of the
UW Counseling Center and Team
Clinician for the Seattle Seahawks.
With an expert lineup and a candid,
wide-ranging conversation, Clayton
facilitated an impactful dialogue
on the challenges and solutions to
address burnout among healthcare
professionals—now and in the
future.

Clayton's work at the University of
Washington is multifaceted for the
better; by putting his expertise to
work, he supports those struggling
with mental illness while advanc-
ing the pharmacy profession at the
same time.

As we continue to navigate the
complexities of maintaining a
healthy headspace during a mental
health crisis, Clayton's commitment
to education, research and patient
advocacy serves as a guiding light
for progress and compassion.
How the UWSOP fostered a passion for leadership and community involvement.

Pharmacy professionals in Washington State have long been trailblazers, setting standards and pushing boundaries that have elevated the profession, and with every step, improved access to and quality of care for the public.

In 1979, Washington was one of the first states in the country to enact legislation recognizing pharmacists as providers and allowing them to prescribe as part of collaborative drug therapy agreements (CDTA).

In 1994, Washington initiated the first formalized training program for pharmacists in vaccine administration, providing the foundation for what would become a standard service in pharmacies across the country.

Pharmacists, pharmacy technicians and pharmacy students played a pivotal role in the COVID-19 vaccination effort as frontline healthcare professionals working to ensure efficient and widespread distribution of vaccines.

In 2015, Washington was once again the first state to pass legislation requiring pharmacist inclusion in health plan insurance provider networks. These advances, and others initiated in Washington State, have empowered pharmacists to take on expanded roles, improve patient outcomes, and positioned Washington State as a leader in shaping the future of our profession.

We now find ourselves at another pivotal moment for our profession. The cumulative impact of longstanding reimbursement challenges, escalating demands on healthcare systems, and ongoing global health concerns are threatening the wellbeing of pharmacy professionals and the stability of pharmacy practice across the country.

The ripple effects of these challenges impacts access to healthcare, retention of pharmacists in the profession – and even deters some potential prospective students from choosing to join the profession. While the challenges posed by the current conditions are daunting, the unique training, expertise and care provided by pharmacists has never been more crucial. Simply stated, pharmacists make the difference, and that difference is needed now – in all areas of healthcare and health promotion. The medication expertise, accessibility to care and health education skill of pharmacists are critical. The population is aging, the number of treatment options is increasing, and navigating the health care system safely is highly complex.

Our legacy as a leader in pharmacy practice positions Washington State to help lead the profession through these turbulent times. We have an opportunity to envision a future for the profession where pharmacists are highly engaged at all levels of care for the positive impact they have on health and medication safety.

Collaboration, advocacy, and inspiration are the secret ingredients behind the innovation in pharmacy in Washington State. We know we can achieve great things when we work together.

In Spring 2023, the UW School of Pharmacy Executive Advisory Council, a group composed of practice and healthcare leaders, considered the many ways pharmacists impact public health in the face of rather limited...
We have the power to boost our visibility. Too many people don’t realize there are pharmacists in hospitals, clinics, skilled nursing facilities, emergency rooms and many other settings in which pharmacists work.

visibility of the profession, needs for advocacy in health care, and changes in workplace barriers.

Several key strategies were prioritized for action:

1. We need to establish a positive, role-focused identity. We have long-defined ourselves and each other by the building in which we practice, which has shaped how colleagues and the public view our profession.

It’s time for our words to reflect our impact and actions, not place and product. This shift in perspective not only reflects the evolving nature of the profession, but also emphasizes the crucial contributions pharmacists make to improving patient outcomes across the spectrum of care.

2. We have the power to boost our visibility. Too many people don’t realize there are pharmacists in hospitals, clinics, skilled nursing facilities, emergency rooms, and the many other settings in which pharmacists work. It’s time to let them know—we make a difference in all areas of health care! Let’s greet our patients and orient them to how we can support them at every visit and in every setting.

3. Third, we must speak up. Our advocacy for safety and efficacy is critical in a world where medications are easily accessible and care occurs within a complex maze, too often with the patient navigating the system alone and without necessary support. There are many ways you can make a difference including through the care you provide your patients, your engagement in workplace advocacy, to the local, state and national level of professional leadership through boards such as PQAC, WSPA, or national organizations.

Together, we’ve accomplished a lot in Washington State, leaving a lasting impact for generations to come. We have more work to do to ensure patients and our communities continue to have access to the pharmacist care they deserve.

Please join us in embracing a role-focused identity, amplifying our visibility, and advocating for what’s right. We know that we will be more successful if we all work together. W

This is the first installment of The Washington Pharmacy Way, an ongoing series authored by Dr. Jennifer Bacci and Dr. Peggy Odegard, and that chronicles topical issues facing the pharmacy profession.

Amplify Your Impact
Submit your story idea for Dawg Scripts

Whether you’re an alum, a current student, faculty or staff, your experiences and achievements deserve to be seen. Your work is at the heart of our mission. We can’t wait to showcase all that you bring to our campus community and the world at large.

Visit our website, submit your story and together, we’ll celebrate!

Scan the QR code with your smartphone to access our submission form.
An Alumni Legend's Legacy

UWSoP alum, Frank Vincenzi, reflects on a storied career.

Frank Vincenzi’s journey in the field of pharmacy is nothing short of legendary. His story is one of passion, perseverance and pioneering research. As we reflect on Frank’s accomplishments, we’re reminded of the transformative power of education and mentorship – both of which have been central themes in his journey. Still, when it comes to Frank’s resume of achievements, one prevailing idea rises above the rest: Curiosity. Turns out, the bravery to ask questions and inquire further is the first prerequisite for a lifetime of discovery.

Frank’s journey began in the late 1950s at the University of Washington, where the School of Pharmacy was located on the third floor of Bagley Hall. Under the tutelage of revered faculty members, Frank’s passion for science was ignited. He was profoundly influenced by educators like Seymour B. Rabinovitch, Professor of Chemistry, who could lecture for 50 minutes without a single pause. Dr. Nathan Hall – who once awarded Frank with a B instead of an A in the spirit of “taking him down a notch” – taught Frank the value of humility and continually striving for excellence.

One of the most pivotal figures in Frank’s education was John T. Elder, a senior graduate student and an excellent storyteller who later became a faculty member in the Department of Pharmacology. Elder’s magnetic personality and dedication to teaching inspired Frank to choose pharmacology over medicinal chemistry for his graduate studies—a decision that would shape his entire career. “John’s charisma was a major factor in my choice of pharmacology rather than medicinal chemistry as an area for graduate study,” Frank recalls. “At the time, it was a very difficult choice.”

Frank’s undergraduate years were marked by his involvement in groundbreaking research. Under the guidance of the UW’s Varro Tyler in the Drug Plant Laboratory, he explored the potential of growing Claviceps purpurea in tissue culture, a project that hinted at the exciting possibilities of pharmacological research. His work in medicinal chemistry with Professor Alain Huétric further honed his research skills, culminating in a publication co-authored with William F. Trager – a name synonymous with excellence in pharmacological research.

Upon entering graduate training in pharmacology, Frank joined the lab of Theodore C. West, where he explored the electrophysiology of the sino-atrial (SA) node. This research led to significant discoveries about autonomic innervation of the heart, refuting the then-popular hypothesis of Burn and Rand regarding neurotransmitter release.

Frank’s postdoctoral journey took him to Bern, Switzerland, where he worked at the National Science Foundation alongside Hans J. Schatzmann, a pioneer in the study of digitalis and membrane transport. This experience not only enriched his scientific knowledge but also instilled in him the importance of meticulous research and manuscript preparation — a lesson he learned through rigorous rewrites and reviews.

Despite Frank’s many contributions to science, his greatest impact has been in the lives of his students. In 1980, Frank became a tenured faculty member in the Department of Pharmacology at the University of Washington School of Medicine. His primary teaching responsibility was to undergraduate pharmacy students, guiding them through a year-long series of courses in pharmacology.

Frank Vincenzi’s legacy is a testament to the power of education, mentorship and the relentless pursuit of knowledge. His contributions have advanced the field of pharmacology and inspired countless students and researchers to push the boundaries of what’s possible.
Leading By Example

Matt Binder, ’17, discusses how integral mentorship is to ensuring the success of future pharmacists.

A proud alum of the UWSoP, Matt Binder, PharmD, ’17, owner of three Seattle-based Ostrom’s Drug & Gift pharmacies, believes the foundation of a successful career is having a genuine passion for what you do.

“I really enjoy coming to work every day,” he said. “I feel like I get the opportunity to make an impact on my community.”

Another profound way Matt and his team make an impact is through mentoring SoP students. In the world of pharmacy, education extends far beyond the walls of a classroom. It transcends textbooks and lectures, diving deep into the realms of hands-on experience and mentorship. From the moment Matt embarked on his professional career, he recognized the importance of mentorship and nurturing the next generation of pharmacists.

“As soon as I started working here shortly after graduation, I encouraged the owner at the time to start taking UW students, and we’ve had a really good chain of them ever since then,” Matt recalls fondly.

The integration of pharmacy students into the workflow of his business has been a cornerstone of Matt’s practice. From vaccinations to engaging with customers, students are given a hands-on, full-breadth experience that prepares them for their future careers.

“We really believe that the first time students perform as a pharmacist shouldn’t be after their license,” Matt emphasizes. “Our licensed pharmacists serve as that safety net for them.”

This commitment to mentorship and education has not gone unnoticed. Recently, Matt’s pharmacy received accolades in the Seattle Times’ “Best in the PNW” campaign, with Ostrom’s Drug & Gift clinching the title of Best Pharmacy in the region. Matt attributes this success to the unwavering support of his community.

“We had a lot of patients just pull out their phones and vote for us,” he shares proudly. “We really strive to be a place that people want to go to—not just an errand to check off their list.”

But beyond awards and recognition, Matt’s business has earned a reputation for fostering deep connections with their patients. “I think a major reason people come here is because they see people who know their name,” Matt explains. “We get to cultivate that extra special relationship.”

Ultimately, what brings Matt the most joy is the knowledge he is making a positive impact on people’s lives.

“What I really enjoy about healthcare is I feel at the end of the day that I’ve done something morally good,” he reflects. “I feel like I’m doing something that can help out their life, and that just makes me go to bed that much easier.”

Watch a video about Matt’s mentorship and the impact it has had on UWSoP students.
School News

The SoP was recently designated as an AACP ACT Community Pharmacy Center of Excellence. Based on information received through the ACT Collaborative, 45% of schools that applied and 12% of all schools are receiving this designation – approximately 17 schools total.

Congratulations to Co-Directors Jennifer Bacci and Rachel Allen, as well as participating faculty members Ryan Hansen, Lisa Garza and James Lin.

Daniel Webb joined the UW School of Pharmacy as our new Chief Advancement Officer March 25. Daniel serves as the School’s principal fundraiser, providing strategic fundraising leadership, and oversees the development and marketing and communications teams. Daniel returns to the UW, having previously served in the College of the Environment between 2012 and 2019, where he closed more than $15 million in current and planned gifts from environment-focused donors.

Jen McEwen was recently appointed the School’s new Assistant Dean for Finance and Administration. Bringing a wealth of experience and expertise, Jen joins us from UW's Evans School of Public Policy & Governance, where she served as Assistant Dean, Finance and Administration. During her tenure, Jen demonstrated exceptional leadership in managing financial, research, technology, administrative, auxiliary and data operations, steering the Evans School through significant transitions and strategic initiatives.

Sean Sullivan, Professor of Pharmacy at The CHOICE Institute, was selected as the 2024 recipient of the Rho Chi Lecture Award. This award, given to Sullivan for his presentation, “Decoding Deception: How Pharmacists Can Confront Pervasive Scientific and Health Misinformation,” is the most prestigious honor from the Rho Chi Society - Academic Honor Society in Pharmacy. Dr. Sullivan was Dean of the School of Pharmacy from 2014 to 2022.

Each year, the graduating class of the University of Washington School of Pharmacy is given the privilege of nominating a faculty member for the Gibaldi Excellence in Teaching Award, which is intended to recognize a professor whose dedication to educating students goes above and beyond the standard that is already set incredibly high at the School. This year’s recipient was Abby Winter, whose dedication to fostering an engaging and supportive educational environment inspires us to strive for excellence in the classroom and beyond.

Rachel Allen was named Assistant Dean for Professional Affairs and Practice. Dr. Allen brings a depth of experience, training, and national reputation to this role. She was co-chair for the Curricular Innovation Skills and Experiential Education workgroup that developed the Wednesdays in Practice component of the curriculum. In the curricular innovation process, she led the effort to engage faculty, preceptors, and staff to collaboratively develop a progressive outcomes-driven curricular and assessment approach across skills and experiential education using the Entrustable Professional Activities (EPAs).
Katrina Claw, ‘13, a former postdoctoral fellow in the Department of Pharmacuetics, has been awarded the prestigious Alan T. Waterman Award by the National Science Foundation (NSF). Dr. Claw will receive a million dollar grant to continue her pharmacogenomic research and foster cultural and bioethical studies in Indigenous communities. She is the first recipient from the Navajo Nation to receive this honor.

We are delighted to welcome two new Associate Professors to the Department of Pharmacuetics: Melissa Barker-Halski and Swayam Prabha. Dr. Barker-Halski expands our expertise in behavioral pharmacology, disease models and the relationships between drug exposure and pharmacological outcomes. Dr. Prabha, renowned for her work in novel drug delivery approaches and targeted cancer therapies, will significantly enhance our research and instruction in this area.

Andy Stergachis, Professor of Pharmacy and Global health, was one of two University of Washington researchers named a Fellow of the American Association for the Advancement of Science. Dr. Stergachis was among 502 newly elected fellows from around the world who were recognized for their “scientifically and socially distinguished achievements” in science and engineering. Dr. Stergachis was recognized for his work to better monitor the safety of essential medicines and vaccines, especially in low- and middle-income countries.

Our graduate programs rely on the guidance and support of our faculty members. Our faculty tirelessly work to ensure that our students receive a world class education. Each year, we present an Outstanding Mentor Award to recognize extraordinary commitment and effectiveness as a mentor and demonstrated commitment to creating an environment supportive of graduate students’ success. This year’s awardee is Ken Thummul, Professor in the Department of Pharmacuetics. Dr. Thummel has served as committee chair and advisor for 30 PhD and graduate students, and served on more than 100 dissertation committees throughout the University.

Rheem Totah, PhD, has been named our new Associate Dean of Research and Graduate Education. In this role, Dr. Totah’s primary responsibilities will be to support and grow the School’s research enterprise and graduate education training programs and provide leadership for new research and graduate education initiatives aligned with the School’s strategic growth and development plans. A professor in the Department of Medicinal Chemistry, Dr. Totah also oversees the Totah Lab and has served as Associate Chair of the department since 2022.

Jeremy Hughes, PharmD, EdD, has been named the SoP’s Associate Dean for Professional Pharmacy Education. As a member of the school’s executive leadership team, and reporting directly to the Dean, the ADPPE will provide strategic leadership and oversight of the operations and activities of the Office of Professional Pharmacy Education. Dr. Hughes comes to us from Chicago State University, where he most recently served as the Associate Provost for Academic Innovation. Prior to that appointment, he worked as Associate Dean for Academic Affairs for the school’s College of Pharmacy. Jeremy begins his new role August 1, 2024.
In Memoriam

GARY ELMER

Gary was born to Julia Ann Elmer and Harrel D. Elmer in Claremont, NH, January 21, 1941. He obtained a degree in Pharmacy from the University of Connecticut and worked as a pharmacist in Connecticut and Pennsylvania. He later obtained a Ph.D. degree from the Rutgers University Waxman Institute of Microbiology and joined the University of Washington School of Pharmacy in 1971, eventually achieving the rank of Professor of Medicinal Chemistry. His research focus was on infectious diseases.

In the late 1990’s Gary met and married Dr. Jacqueline Gardner. They loved their vacation home on the Hood Canal, from which they could enjoy gatherings with children and grandchildren, go shrimping and crabbing and, upon retirement, participate in citizen science projects associated with the University of Washington Sea Grant.

Gary’s family and many friends accompanied him on skiing, hiking, kayaking and backpacking adventures from the early '70's until recent years. He and Jackie were avid tandem bicyclists, completing the Seattle-to-Portland ride to celebrate their 60th birthdays.

For those who did not know him, Gary was a Professor of Medicinal Chemistry at the UW-SOP who extensively studied nutritional supplements, probiotics, and drug interactions. He was a truly amazing teacher and mentor who left a mark on many. Gary’s warm personality and kind heart had the ability to instantly bond and engage with people.

Gary is survived by his wife, Jackie (Professor Emeritus of Pharmacy), his son Ross Elmer; daughters Lynn Imel (Tom) and Lee Reid (Ian), and grandchildren Elliot, Alek and Payton Reid and Natalie and Logan Imel.

NANCY McELHERAN, ’92

Nancy Gregory McElheran, 70, passed away Friday, May 31, 2024. Nancy was doing what she loved most, exploring our world with vitality and curiosity. She is survived by her husband of 48 years, Laurin McElheran; her sons Kevin and Kyle; her sisters Kathy Pickard and Joan Gregory; her grandchild Connor McElheran; many family members and close friends.

Nancy was born in Tacoma and raised in Kent, Washington, and is the daughter of Thora Holden Wagner and William R Gregory. Nancy married Laurin in 1976 then followed him to Iowa for pursuit of his education before settling on Lake Meridian where she raised her family.

Directly after graduating from Kent-Meridian High School (1972) Nancy went on to college at the University of Puget Sound graduating with a Bachelor in Music (Vocal Performance) and a Minor in Design (1976). Some years later, she returned to school at the University of Washington and obtained her Bachelor of Science in Pharmacy Degree (1992) all while raising her two young boys. Nancy had a long pharmacy career, enjoying her work, and positively impacting the people she helped with medical advice as well as the people she worked with until her retirement from QFC Bellevue in 2019.

Nancy had a clear passion for traveling, spending time with her family, and being outside. She spent the last five years of her life visiting the world with her husband, including her recent trip to the Philippines to connect with her recently discovered relatives.

Her children remember her as a generous and dedicated mother who always encouraged them to pursue their dreams while also instilling a steadfast moral sensibility. She was their rock.

She was fun-loving and quick with a joke and advice. She enjoyed a good game of golf, snow skiing, water skiing around Lake Meridian, and hiking with her friends.

Nancy will be missed by all who knew her. In lieu of flowers, please send donations to Friends of South Georgia Island and, the Fred Hutchinson Cancer Center Patient Support Services in Nancy’s honor.

HERBERT TSUCHIYA, ’58

Throughout his storied career, UW School of Pharmacy alum Herbert Tsuchiya received a slew of awards that served as a testament to his lifelong commitment to better health care for underserved communities: the UW School of Pharmacy’s Distinguished Alumnus in Pharmacy Practice award, the A.H. Robins/Wyeth Bowl of Hygeia Award, the Seattle Mayor’s End Hunger Award, among many others. But perhaps one of Herbert’s greatest and most enduring achievements has been his impact on aspiring pharmacy students. Honoring this vision to help new
generations of pharmacists achieve their dreams, Herbert and his wife Bertha created the Herbert and Bertha Tsuchiya Student Support Fund for Global Outreach. Many UW School of Pharmacy graduates have benefited from the Tsuchiyas’ generosity, including Tsai-Yu Hsieh: “Thanks to the fund, I was able to pursue the Plein certificate, which is one of the pioneering geriatric pharmacy programs,” she said. “As an international student (Taiwan) interning at a pharmacy that serves a majority of the Asian community in the Seattle area, I felt connected to the Tsuchiyas’ vision for supporting the international community.”

Recipient Brian Colby explains how the fund helped him overcome financial hardships and reignite his dream to pursue pharmacy as a career. “When I was an undergraduate student, I struggled to secure a single scholarship, which was more than making my life harder financially — was simply discouraging,” he recalled. “After I received this award, I was immediately filled with the motivation to pick up my Japanese study book for the first time in years, because the possibility of studying abroad felt real again.

“I feel confident that I am in a better position to make concrete progress toward my career goals now than ever before.”

Herbert was preceded in death by his much beloved wife Bertha Chinn Lung Tsuchiya, who shared Herb’s values and religious faith, his sister and brothers Joe, Harold, Carl, Ray, and Jack. He was the loving father of Gloria Lung Wakayama (Dean), Kerry Lung Chew (Ben), Lori Pang (Doug), Leslie Lung (Linda) and Teri Yoshimura (Ross), cherished grandfather of 12 grandchildren: Kimberly (Hendra), Michael (Abbie), Julie (Justin), Lindsay, Gary, Patti, Brady, Kaci, Alyssa, Cory, Makena, Kyra and 3 great grandchildren. He will be sorely missed by godson Kevin Chinn (Eileen), in-laws Wally and Deanna Chinn and numerous nieces and nephews.

TED TANIGUCHI, ’49

Theodore “Ted” Taniguchi, born in Tacoma in 1928 to Yonezo Taniguchi and Chiyomi Takeuchi, passed away peacefully on December 15, 2023 at the age of 95. Ted’s life was a testament to resilience, determination, and an unwavering commitment to education, community service and family.

At the early age of 13, Ted, along with his parents and younger brother Harry, faced the profound challenges of internment during World War II. Despite the hardships in the camps, Ted remained determined to focus on his education, laying the foundation for a remarkable journey ahead.

Ted’s journey led him to the University of Washington School of Pharmacy, where he became a trailblazer in the field, completing a hospital pharmacy residency and master’s degree at the University of Michigan. Ted’s impact on the field of pharmacy was notable. He played a pivotal role in the establishment of clinical pharmacy practice at the University of Washington Medical Center as its first director of Pharmacy, and became the School of Pharmacy’s first clinical professor in the 1960s. Throughout the 1980s, Ted was asked to teach the pharmacy law course at the School.

He was a co-founder of the UW School of Pharmacy Alumni Association in 1976 and charter member of the School of Pharmacy Dean’s Circle. His contributions were recognized with numerous accolades, including being named the UW School of Pharmacy Distinguished Alumnus in 1991.

He served on the board and house of delegates for the American Society of Hospital Pharmacists and Washington State Pharmacy Association for many years. In 1973, Ted became the first hospital pharmacist and non-pharmacy store owner elected president of the Washington State Pharmacy Association, and later received the Washington State Pharmacy Association Legend Award.

He spent six years on the Washington State Board of Pharmacy in the 1970s, including a term as Chairman. Beyond his professional achievements, Ted was a dedicated community servant. His involvement included leadership roles in the Japanese American Citizens League, Seattle Buddhist Temple, the Buddhist Churches of America, and the Chief Seattle Council Boy Scouts of America, where he received the prestigious Silver Beaver Award in 1991. In 1993, after 35 years of dedicated service, Ted retired from the UW Medical Center. In addition to being a national leader, Ted was an active alumnus of the UW School of Pharmacy and a practitioner, roles in which he mentored countless pharmacy interns, residents, and colleagues.

Ted is remembered for his centered nature, positive spirit, smile in all situations, and generous kindness and support of many. Ted Taniguchi will be remembered not only for his professional accomplishments but also for his profound impact on the community and his dedication to family. Surviving him are his wife of 54 years, Akiko (Tatsumi); children Alicia (spouse Jimmy Eng) and Todd (spouse Kym Kinoshita); and grandchildren Jordan and Carter Eng.
Listen up.

PHARMACY FRIDAYS PODCAST

The UWSOP’s new podcast, Pharmacy Fridays, features conversations with alumni, faculty, students, and other friends in pharmacy about timely, field-related topics. Hosted by Rachel Firebaugh, UWSOP Clinical Assistant Professor.